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Ford's tumour malignant

T.O. mayor diagnosed with rare, 'aggressive' form of cancer, will begin chemo in next 48 hours, doc says **PAGE 6**

NHL's pre-season drama

Check out these juicy storylines with training camp for the 2014-15 season starting Thursday **PAGE 18**



SCOTLAND DECIDES

AS SCOTS HEAD TO THE POLLS TO VOTE ON INDEPENDENCE, METRO STAFFERS TRADE VIEWS ON SOVEREIGNTY **PAGE 8**



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Calvin Alexander, front, and Darryl Contois pull an old shopping cart out of the Red River as the two used large hooks on the end of rope to dredge the river bottom off the Alexander Docks Wednesday. Winnipeg police pledged to support the citizen-led search for bodies earlier in the day. SHANE GIBSON/METRO

Bones found along Red River

'Were they the remains of my loved one?'

Number of volunteers for 'Drag the Red' swells into the hundreds, police analyzing remains

Volunteers searching for clues about the fate of missing and murdered aboriginal women have found bones along the banks of the Red River in Winnipeg.

Police are now analyzing the remains, found Tuesday evening, but don't know yet if they are human. A blood-splattered pillowcase, a bloody rug and a set of dentures have also been turned over to police following a few tentative searches by the group determined to drag the river for bodies.

Bernadette Smith — whose sister Claudette Osborne has been missing since 2008 — said everyone immediately wonders if they will finally

Assembly of Manitoba Chiefs

Grand Chief Derek Nepinak, with the Assembly of Manitoba Chiefs, joined the search effort Wednesday by launching a boat into the river.

- Those who have lost mothers, wives, sisters and daughters across the country should organize similar searches rather than wait for the federal government to launch an inquiry, Nepinak said.
- "It's going to have to be us who do this," Nepinak said in a statement. "No one else will."

find out what happened to their loved one.

"With those bones, I've already had calls from family members already saying, 'Do they know if they're human?'" Smith said. "Families are left wondering, 'Were those human remains and were they

the remains of my loved one?'" Smith started recruiting volunteers to search the river after the discovery of the body of 15-year-old Tina Fontaine last month.

The number of volunteers and supporters to "Drag the Red" has swelled into the hundreds. Winnipeg police, who had been silent about the effort, voiced their support Wednesday.

Const. Jason Michalyshen said police have been sharing their expertise about currents with the group and will have a staffed police boat on the river when volunteers go out to dredge.

He added that police won't actively search the river, but will ensure the safety of volunteers and take any evidence they find. Experts are examining the bones that were discovered, but Michalyshen said it's unclear how significant the find is.


The group plans to search the river and its shores until November. **THE CANADIAN PRESS**

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FIVE THINGS YOU NEED TO KNOW TODAY

1 OUT IN THE COLD

The CEO Sleepout happens tonight at 201 Portage Ave., where dozens of local leaders, including Metro Winnipeg's managing editor Elisha Dacey, will sleep outside to raise funds for Change for the Better.

2 THIN AIR

Thin Air 2014, also known as the Winnipeg International Writers Festival, starts Friday and runs to Sept. 27. Find out more at thinairwinnipeg.ca.

3 WHOPPER DEAL

Industry Minister James Moore said he has received the formal application for a foreign-investment review of Burger King's \$11-billion US takeover of Tim Hortons. He expects it to be processed within a few weeks.

4 FACING FACEBOOK

Facebook is meeting with San Francisco drag performers and activists over the site's policy requiring people to use their real names. The group says the policy is unfair.

5 TYPE 2 DIABETES

People with the highest intake of high-fat dairy products reduced their chances of developing type 2 diabetes 23 per cent, according to research from Lund University Diabetes Centre in Sweden.

Winnipeg Chamber's BOLD ideas for civic campaign

'Who's looking at the road ahead?' Business group launches their own campaign platform

COLIN FAST
winnipeg@metronews.ca

Winnipeggers could trade property tax for more income tax if a menu of ideas from the business community gets traction at city hall.

A municipal income tax was one of nearly 100 proposals included in the launch of the BOLD Winnipeg platform on Wednesday.

About 3,200 people contributed to the project, led by the Winnipeg Chamber of Commerce.

Loren Remillard, vice-president of policy and public affairs for the chamber, said he knows not all the ideas will be successful, but the BOLD group wanted to provide options for the pub-

lic and politicians to consider beyond day-to-day issues.

"As a city we can't just be constantly dealing with the problems in front of us — we have to be constantly planning and building for the city we want," he said.

"If our eyes are looking down at the potholes, who's looking at the road ahead?"

Other suggested changes include instituting term limits for city council, creating a downtown pedestrian mall, tripling civic funding for arts and culture, building covered bicycle paths along major routes to promote winter cycling, and establishing Winnipeg as a centre of expertise for human rights issues.

"You would have to be living in a cave not to understand the public wants change, and they want it now," said chamber CEO Dave Angus.

"This is not a status quo time in our history. There are some great things happening in our city — very few of them are happening at city hall."



Loren Remillard at the launch of the BOLD Winnipeg platform. COLIN FAST/FOR METRO

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Steeves says he'll put brakes on unfair photo radar

Mayoral candidate Gord Steeves vowed to put a stop to "predatory" photo-radar practices, saying Winnipeggers are losing faith in the system.

"When photo radar was introduced in Winnipeg in 2002, it was done to promote public safety, but the focus has clearly shifted to grabbing cash from unsuspecting drivers," he said in a press release on Wednesday.

Following a presentation by Wise Up Winnipeg, an anti-photo radar group, Steeves outlined some of the changes he has in mind.

They included making sure there is signage on both sides of the road when the street is divided by a median, lengthening Winnipeg's short four-second amber lights, eliminating photo-radar stations only a few hundred metres apart, and making sure speed limits aren't artificially low.

Steeves called these situations unfair to drivers, and



Gord Steeves talks photo radar with media from his campaign office Wednesday. CONTRIBUTED

pointed out Winnipeg's photo-radar program issues 400 per cent more tickets per capita than other Canadian cities, and fines are 250 per cent higher on average than in other provinces.

Steeves said he would not abandon the photo-radar program, but he'd make changes to make it more fair to drivers.

METRO



Brian Bowman says only he has a long-term infrastructure plan. COLIN FAST/METRO

Bowman takes long view of road repair

Campaigning. Old-school politicians with short-term vision blamed for infrastructure crisis

COLIN FAST
winnipeg@metronews.ca

Too many "quick fixes" have created major repair issues on Winnipeg streets, said mayoral candidate Brian Bowman on Wednesday.

At a campaign announcement in his Portage Avenue headquarters, Bowman said short-term election promises by previous mayors and councillors have helped contribute to Winnipeg's crumbling

streets and pipes.

And he accused his main opponents, "career politicians" Judy Wasylycia-Leis and Gord Steeves, of doing the same thing.

"I'm simply not prepared to mortgage my children's future, or to sell off assets in some big garage sale in an attempt to win the election," Bowman said.

Wasylycia-Leis has promised to borrow \$64 million for road repairs, while Steeves has suggested selling golf courses and parkades to fund the same work.

Bowman said only he has a long-term plan for infrastructure renewal, which includes adopting several recommendations made by the Infrastructure Funding Council in 2011.

Under Bowman's plan, cap-

ital projects would be approved two years in advance, instead of only on a year-to-year basis. Also, construction contracts would not be awarded until all the design work for a project has been completed. This was a clear reference to problems and cost overruns with the new police headquarters building.

He would also try to speed up construction work by tendering more projects before the construction season begins, and paying bonuses to contractors that finish work on time and on budget.

Bowman also restated his commitment to pursue a "fair share" of provincial sales tax revenue for the city, and said this would provide an additional \$105 million in core infrastructure funding.

Nomination confusion

Vogiatzakis vows to stay in race

The Winnipeg funeral director who saw his mayoral campaign derailed at Tuesday's nomination deadline says he isn't prepared to lay his campaign to rest.

Mike Vogiatzakis said members of his staff on Wednesday afternoon compared the city's voters' list to the list his campaign provided and found discrepancies.

"We're finding numerous names that are on the list, people that were allowed to vote but were stroked off and that is wrong," he said during a press conference at his business, Voyage Funeral Home, in Elmwood.

Vogiatzakis said he was prepared to end his campaign and endorse another candidate, but he's instead vowing to fight on for now.

"I put my heart and soul into this," he said, adding a new pledge — that if allowed back in the race and elected, he'll donate the first \$50,000 of his salary to charity.

Vogiatzakis said he submitted more than 400 names, with 198 accepted by city clerks and the rest rejected. He believes there should be a 24-hour period or an appeals process in place for this type of dispute.

While he recognized that he could have gone to the clerks' office earlier, he said he went Tuesday morning and delivered his list.

He then received a call two hours later telling him that he didn't have enough signatures, prompting him to go out to get more, which is why he arrived at around 4 p.m. The clerks' office closed at 4:30 p.m.

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Gang busters. Tangible steps needed to keep kids out of gang life: Report

A report into Winnipeg's gang problem released Wednesday recommends a three-pronged approach to helping kids get away from the lifestyle, and the group behind the research hopes it spurs real action.

The report, a collaborative effort between the Gang Action Interagency Network (GAIN) and the University of Manitoba, found gang members need help finding a sense of identity and belonging, help healing from past traumas and programming 24 hours a day, seven days a week to give them options outside gang life.

The findings did not surprise GAIN chairperson, Jamil Mahmood, who has worked with kids at risk of joining gangs for nearly 10 years as the executive director of the Spence Neighbourhood Association.

"It's nothing new to us," he said. "But I think a lot of people are not fully understanding the gang issue in our city, which is why there isn't more pressure to solve it."

"It's not these kids choosing

Understanding

"I think a lot of people are not fully understanding the gang issue in our city, which is why there isn't more pressure to solve it."

Jamil Mahmood, GAIN chairperson

to join gangs ... they just don't have options."

The report's research came from looking at gang-exit initiatives in other North American cities, speaking with local stakeholders and interviews with youth.

With the report in hand, GAIN is now calling on governments and the private sector to help fund a long-term response to Winnipeg's gang issue.

"These problems aren't unsolvable," said Mahmood. "There are tangible things we can do, but we need to invest in the right spots."

SHANE GIBSON/METRO



For big Bruce, size matters

The Canadian Fossil Discovery Centre has been awarded a Guinness World Record for having the largest mosasaur. The fossil Bruce measures just over 13 metres in length, and is now on display at the centre in Morden, Man. The mosasaur is often referred to as the Sea-Rex, as it was a ferocious marine predator, complete with four sets of enormous teeth. COURTESY CFDC

It's about democracy

Mayor Katz signs Coun. Havixbeck's nomination papers

Mayor Sam Katz said it's his deep belief in democracy that spurred his signature on mayoral candidate Paula Havixbeck's nomination papers.

Katz said Havixbeck came to his home on Sunday seeking his John Hancock. "I would sign any candidate's nomination papers — that's what I call democracy," said Katz after Wednesday's executive policy committee. Katz's working relationship with Havixbeck got off to a smashing start when she was first elected in 2010; she was placed on the executive policy committee and was later named acting deputy mayor.

There was a public falling out in January of 2013 when she was shuffled out of the EPC after grilling senior administrative officials in the early days of what would become the fire halls audit scandal.

BERNICE PONTANILLA/METRO

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Toronto Mayor Rob Ford's mother, Diane, and his brother Randy arrive at Mount Sinai Hospital in Toronto Wednesday ahead of a press conference in which it was announced that the mayor has been diagnosed with a rare type of cancer.
BERNARD WEIL/TORSTAR NEWS SERVICE

Rob Ford diagnosed with a rare form of 'aggressive' cancer

'We are optimistic.'
Doctor says Toronto mayor will begin chemotherapy within the next 48 hours



JESSICA SMITH CROSS
Metro in Toronto

Toronto Mayor Rob Ford has been diagnosed with cancer and will begin chemotherapy soon.

Colorectal surgeon Dr. Zane Cohen held a press conference at Mt. Sinai Hospital in Toronto on Wednesday to update the public on the mayor's health.

Cohen said the tumour in Ford's abdomen is a malignant liposarcoma, a rare and

hard-to-treat form of cancer.

"However, we are optimistic about this tumour," he said.

The tumour has spread to Ford's buttock, behind the left hip, said Cohen. "We have biopsied that, and it is part of the same tumour."

Ford will undergo chemotherapy, beginning within the next 48 hours, said Cohen. "It will involve in-hospital, in-patient chemotherapy for three days, followed by a washout period of 18 days. The cycle will then be repeated."

Doctors will then perform more imaging tests, reassess the situation and determine the next steps, said Cohen. The next steps may be further cycles of chemotherapy, radiation or surgery.

Cohen said the tumour is "aggressive," and about 12 by

12 centimetres. He did not give a prognosis.

"We will be able to say more after the second round of chemotherapy," he said.

Ford has been in hospital since Sept. 11. He was admitted after experiencing intense abdominal pain.

Cohen said it was not possible to say how long Ford has had the tumour, except that it was not present when the mayor had an unrelated CT scan in 2011, but was likely growing for years.

The mayor's brother, Coun. Doug Ford, who has entered the Toronto mayoral race, issued a statement following the announcement saying: "Rob will beat this."

"Rob has always been so strong for all of us and now I ask us all to be strong for him."

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Man pleads guilty to terror charge

Hiva Mohammad Alizadeh, 34. He faces a max of 18 more years behind bars

In a surprise move, an Ottawa man pleaded guilty Wednesday to possessing explosives with an intent to do harm as part of a homegrown terrorist conspiracy.

The plea means Hiva Mohammad Alizadeh, 34, will not face trial in February for his role in the plan to wage violent jihad in Canada.

Alizadeh, a custodian and part-time student, was arrested in August 2010 along with two other men.

Police seized terrorist literature, videos and manuals along with dozens of electronic circuit boards — de-

vices designed to detonate homemade bombs remotely.

Alizadeh was sentenced to 24 years in prison after entering his plea in Ontario Superior Court, part of a pre-arranged plea deal.

Alizadeh told Justice Colin McKinnon that his time in custody to date had opened his eyes to the reality of his actions. He said he did not always subscribe to such an "evil way of thinking" and wanted to own up to his mistakes.

Alizadeh will be burdened with an utterly deplorable stigma, McKinnon noted.

After accounting for time served — credited as six years — Alizadeh faces a maximum of 18 more years behind bars, and he has agreed not to apply for parole for at least nine years.

THE CANADIAN PRESS

'Non-combat'

Mulcair refuses to back commandos in Iraq

New Democrats are refusing to back Prime Minister Stephen Harper's decision to send special forces commandos into northern Iraq.

NDP Leader Tom Mulcair says it's the only responsible position to take, given the government's refusal to provide details of the deployment or to allow parliamentarians to vote on the matter.

Harper has confirmed that Canada has sent 69 special forces commandos to Iraq as part of a counter-terrorism campaign against the extremist al-Qaida splinter group known as the Islamic State of Iraq and al-Sham, or ISIS.

He maintains the deployment, which is to be reviewed within 30 days, is not a combat mission.

Liberal Leader Justin Trudeau is backing the deployment.

THE CANADIAN PRESS



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Millions of Scots are heading to the polls today to decide whether to return to independence, apart from the United Kingdom

THE SCOTSMAN

The people of Scotland are being asked a question: "Should Scotland be an independent country?" On Thursday, as many as 80 per cent of the country's five million people will reply Yes or No, perhaps paving the way to independence from the rest of the United Kingdom. The vote promises to be tight, and a simple majority is all that's required.

Ultimately, only one question is being asked, but that's not the question that many are interested in answering. As observers make misguided references to ancient battles, other secession campaigns and apparent anti-English sentiment, many Scots, whether those living in Scotland or those in other places, are thinking instead about social and political change.

For some, it's about the U.K. government's cuts to public services. Others point to the damaged British economy, the divide between rich and poor or the nuclear weapons stationed in Scotland. Many want to pass judgment on U.K. politics, especially posh, privileged Prime Minister David Cameron, who's unpopular in Scotland. There are dozens of reasons that people might say Yes to independence.

Meanwhile, the No campaign has struggled with its message. Like a tidy person with rambunctious visitors, its leaders make shrill pleas for their stuff to be left alone. Attempts to paint independence as a bad idea for reasons of finance, defence and more are scoffed at by Yes campaigners, who rebuff the most difficult questions with vague, optimistic statements. It's all getting a wee bit emotional.

Now it's decision time. If it's a Yes, then perhaps two million people could be dragged into a new country they didn't vote for. But if it's a No, the huge popular movement for independence means the demands for change will continue. It's been a wake-up call for the political establishment.

Only one thing is for sure: After Sept. 18, 2014, Scotland will never be the same again.

A TALE OF TWO EXPATS:

Metro staffers from across the pond trade views on Scottish sovereignty

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THE ENGLISHMAN

Like other English people, I've been devoting much of my thinking recently to Scotland.

I'll be honest: This is a new thing for many of us.

Scotland, in the popular English imagination, is misty, deep-fried and strangely angry with England for reasons that probably don't matter that much. It's a bit like the hate/indifference between Calgary and Toronto, except with more alcohol and saturated fat.

Scottish people invented television, the telephone, the electric clock and colour photography. So, basically, they invented the iPhone. A Scot also invented the flush toilet: a place many people, thanks to the iPhone, can use all of the above.

But relentless Scottish curiosity also resulted in an astonishingly foolhardy attempt to colonize a section of central American coastal land near the Darien Gap, which even today is too impenetrable to build a road through. The Darien Scheme impoverished the Scottish nobility and was a major reason why Scotland had to unify with the rest of the U.K.

I bring Darien up because I've always been a little bit envious of the romanticism of the Scots. Although I grew up in London, my family hails from Northumberland, the county across the border from Scotland. There the main highway to the border has signs every five kilometres telling you how dangerous the road is and that you're certainly going to die. (No such signs exist in the opposite direction.)

Now, waving a flag — literally and metaphorically — always feels gauche to an Englishman. So much so he has to use a French word to describe the sensation.

Still, I'm going to borrow a bit of that romanticism now. Scotland, I know you don't like us, but I do hope you go it alone. Because I'd love to see what you invent next.

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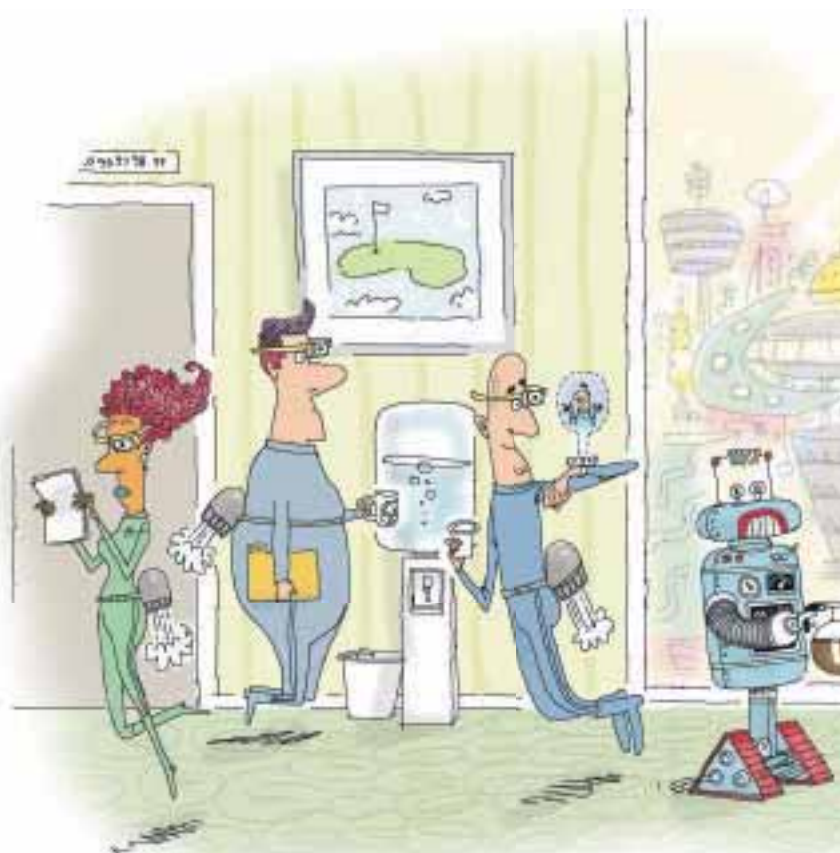
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Most Canadians feeling positive about life: Report

Mental health.

StatsCan study finds almost three-quarters of us are estimated to have complete mental health, fewer than 2% functioning poorly

A new report on the mental health status of Canadians has found that 77 per cent of people aged 15 or older are considered to be psychologically flourishing — feeling good about life and functioning well.

The Statistics Canada report found fewer than two per cent of Canadians are classified as languishing, meaning they experience low

positive emotions and poor functioning, while almost 22 per cent of Canadians are classified as having moderate mental health.

The report is based on results from the 2012 Canadian Community Health Survey.

When combined with information on mental illness, almost three-quarters of Canadians are estimated to have complete mental health and don't meet criteria for six major mental disorders: depression, bipolar disorder, generalized anxiety disorder, and alcohol, cannabis or other drug abuse or dependence.

Men and women were equally likely to have complete mental health, with factors contributing to well-being including age, marital status, income, education,

employment status, spirituality and physical health.

The report found age is a strong factor in psychological well-being, with 80 per cent of those aged 65 and older having complete mental health, compared to 65 per cent among those aged 15 to 24.

Having a spouse or partner is also associated with having complete mental health, as is higher education and income.

People who reported that religious or spiritual beliefs were important in their daily lives were significantly more likely to be in complete mental health than those not classified as having strong spirituality: 76 per cent versus 66 per cent, respectively.

THE CANADIAN PRESS

Philadelphia

'Twitter detectives' help police find suspects in beating of gay couple

Police searching for a group of suspects in the beating of a gay couple say they got an assist from social media users, and a defence lawyer said Wednesday that some of them were turning themselves in for questioning.

A security video of the group was posted by police Tuesday, and within hours, a Twitter user posted a photo of the men and women gathered at a restaurant. Another got help figuring out which restaurant, using Facebook to find people who had "checked in" there and started matching faces to names.

"This is how Twitter is supposed to work for cops," Philadelphia police Det. Joe Murray tweeted Tuesday. "I will take a couple thousand Twitter detectives over any one real detective any day."

The victims, a gay couple in their late 20s, were held down, punched and beaten after they bumped into a group of about a dozen people on Thursday. THE ASSOCIATED PRESS



Street art surviving in Cairo

A woman talks on her tablet phone while walking past graffiti on Mohammed Mahmoud Street near Tahrir Square, in downtown Cairo, Egypt, Wednesday. Street art in Cairo, which flourished following the uprising that ousted former president Hosni Mubarak, has mostly been painted over by authorities, but on Mohammed Mahmoud Street, artists use the whitewashed walls for new artworks.

HASSAN AMMAR/THE ASSOCIATED PRESS

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This is your brain. This is your brain on pot?

Not funny, man.

The legal pot industry in Colorado is setting stereotypes ablaze with new ad campaign

Tired of Cheech & Chong pot jokes and ominous anti-drug campaigns, the marijuana industry and activists are starting

an ad blitz in Colorado aimed at promoting moderation and the safe consumption of pot.

To get their message across, they are skewering some of the old Drug War-era ads that focused on the fears of marijuana, including the famous "This is your brain on drugs" fried-egg ad from the 1980s.

They are planning posters, brochures, billboards and magazine ads to caution consumers

to use the drug responsibly and warn tourists and first-timers about the potential to get sick from accidentally eating too much medical-grade pot.

"So far, every campaign designed to educate the public about marijuana has relied on fear-mongering and insulting marijuana users," said Mason Tvert, spokesman for the Marijuana Policy Project.

THE ASSOCIATED PRESS



This image, provided by the Marijuana Policy Project, is set to appear on a billboard in Denver.

MARIJUANA POLICY PROJECT/THE ASSOCIATED PRESS

NFL star Adrian Peterson

Nike suspends deal with Peterson

Nike has suspended its sponsorship deal with Minnesota Vikings running back Adrian Peterson following child abuse allegations. The move comes the same day that the Vikings took Peterson off the team's active roster while he deals with a felony child-abuse charge in Texas. THE ASSOCIATED PRESS

Quelle surprise?

Air France pilots' strike drags on

The French government on Wednesday urged an end to the strike that has grounded at least half of Air France's flights this week. The pilots are angry about company plans to shift many operations to low-cost affiliate Transavia and transfer some jobs to countries with lower taxes and labour costs. THE ASSOCIATED PRESS



I'll take 30, please.

A potential consumer checks out a Rolls-Royce Phantom during the 2014 Beijing International Automotive Exhibition at Beijing's China International Exhibition Center on April 21. A Hong Kong tycoon has placed the biggest-ever order for Rolls-Royce cars, agreeing to buy 30 Phantoms to chauffeur guests around at a luxury resort he's building in the global gambling capital of Macau. FENG LI/GETTY IMAGES FILE

A concern? More vaccines being given by pharmacies

America's biggest drugstores and other retailers are grabbing larger chunks of the immunization market, giving customers more convenient options outside the doctor's office to protect themselves against the flu, pneumonia and other illnesses.

Nearly half of all flu vaccines provided to adults are now administered in non-medical settings like drugstores or worksite clinics.

But this push by retailers muscles into an area of health

care that was once largely the domain of the family doctor. And that stirs some concern from doctors who want to stay tuned into the health of their patients and keep track of who has received a vaccine.

Doctors often use flu shot appointments to ask patients about chronic conditions such as diabetes they may be treating, said Dr. Robert Wergin, a family physician in Nebraska, and president-elect of the American Academy of Family Physicians. THE ASSOCIATED PRESS

Market Minute



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APPLE: THE LITTLE COMPANY THAT COULD

Unlike other media outlets, I'd like to talk about Apple and its latest products rollout.

Though this Little Company That Could struggles for attention from the mainstream media, I and a number of other indie columnists have been taking note of some of the new gadgets and services Apple announced this week to little fanfare.

With a brand-new smartwatch, new smartphone and new operating system, Apple has shown once again that it's on the cutting edge of replicating technology that other companies rolled out 18 months ago.

But with all the news about the possible meeting between U.S. President Barack Obama and Iranian President Hassan Rouhani, not to mention growing support in Brazil for Dilma Rousseff, you've no doubt been too tied up in world affairs to notice the picayune details of something so frivolous.

But I'm here to help. Here's a complete round-up of the new features and technology Apple announced during the past week.



HE SAYS
John Mazerolle
metronews.ca

- In a special surprise, iPhone users now have Irish rockers U2 as their ringtone, lock screen, music library, Angry Birds theme and call-centre representative. Also, predictive typing autocorrects "Hello" to "Who's Gonna Ride Your Wild Horses?"

- Apple's terms and conditions are now read by Siri so you don't have to.

- Airplane technology allows you to use your phone without looking up thanks to the "stick shaker" feature, which causes the phone to shake violently when you are about to encounter terrain.

- iPhone 6 overcomes Apple's size deficiency with a new 5.5-inch screen. The iPhone 5 can still be used as a remote.

- New E. coli-resistant casing makes toilet reading sanitary and guilt-free.

- Apple Maps now includes a direct link to Google Maps.

- The new operating system senses any concerns about personal privacy and automatically ups you one level on Candy Crush.

- To cash in on the vinyl craze, iTunes now holds only 12 songs.

- New and improved autocorrect feature is butter then evergreen.

- Spurred forward by smartwatches, smartrings and Google Glass, Apple releases an entire line of wearable technology, including iTrousers, iCorgi and iUD.

- Family Sharing allows kids to read your Internet search history directly.

- Phone battery now lasts a stunning 12 minutes.

- Lock screen opens with your fingerprint, which was conveniently saved by Apple eight years ago for just such an occasion.

- HealthKit technology measures the likeliness you have Ebola by monitoring the amount you've bled on the screen.

- Finally, celebrities' nude photos appear on your phone the second they're uploaded to the cloud, eliminating the middle man. Expect lots of Bono in the buff.

Glittering rock



The Matterhorn bathed in torch light from climbers as fog passes overhead. ROBERT BOESCH/MAMMUT/PHOTOPRESS VIA THE ASSOCIATED PRESS

Matterhorn mountain lit up for Swiss Alp-trekking anniversary

In preparation for the 150th anniversary of the first ascent of the Matterhorn, Swiss mountain sports

specialist Mammut and mountain guides from the village of Zermatt transformed the spectacular summit into a shining stone icon as an anniversary gift to the village.

The prominent mountain is regarded as the emblem of the Swiss Alps and enjoys international popularity.

THE ASSOCIATED PRESS

Matterhorn at a glance

The Matterhorn is 4,478 metres high and was one of the last great Alpine peaks to be climbed.

- The first climb ended disastrously when four members fell to their

deaths on the descent.

- It also has French and Italian names, reflective of the communities that live in the mountain's valleys.

SOURCE: WIKIPEDIA

MetroTube

Man versus hamster

ANDREW FIFIELD
andrew.fifield@metronews.ca

This hamster hits all right notes on the adorability scale. Not to mention the tiny hot dogs. But if we're going to call this an eating contest against Kobayashi, perhaps the finest competitive eater our species has ever produced, it's only fair to note that this nogoodnik hamster isn't really "eating." Just stuffing its cavernous, gluttonous cheeks. Not a fair fight at all. #TeamHuman (HelloDenizen/YouTube)



SCREEN GRAB

Comments

Re: West Quebec Dog Rescuer Suing Municipality for \$500K to Relocate to Ontario, published online Sept. 16.

I am dumfounded that the Mayor took this lightly and hasn't done anything about that. He is an elected official, is he not? I guess he picks and chooses who he defends in the community he is suppose to serve.

Danielle Emond, posted to metronews.ca

I agree the city made a mistake here. But as a citizen and business person, it is her responsibility to be aware of the rules especially in her field of work, I am in business too, and no one holds my hand.

Chris, posted to metronews.ca



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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2
SCENE

Zeus aims for a classic album by trimming 30 songs to top 11

Classic Zeus. Indie rock band took its time before recording latest album and hitting the road



BACKSTAGE PASS
Jared Story
winipeg@metronews.ca

With a title like *Classic Zeus*, you might mistake the band's third studio album as a greatest hits package.

But the album released on Sept. 2 through Arts & Crafts is completely new material by the Toronto indie rock band.

Still, calling the album a "best of" wouldn't be incorrect.

Carlin Nicholson, who shares songwriting and vocal duties in Zeus with Mike O'Brien and Neil Quin, said the band recorded 30 songs for *Classic Zeus*, with 11 of those tracks appearing on the album.

"This album, there was no ego involved. We just wanted to come out with a wicked-ass album," Nicholson says. "On the last two records (2010's *Say Us* and 2011's *Busting Visions*), it's four songs a guy, straight up."

"That's cool, that's one way to do it, but for this one, we just wanted the strongest record possible. We'd play the songs for trusted advisers and close buddies and people from the label to see what their reactions were. We've never really done that before."

Nicholson says they took



The almighty Zeus tours its *Classic Zeus* album through Winnipeg on Saturday. CONTRIBUTED

their time with *Classic Zeus*, writing and recording the album over a full year. Comparably, *Busting Visions* was written and recorded in just two months.

"The best ideas win, that's always been the focus," he explains.

"The only difference is we had more time to sit with this record, to realize what those best ideas were. And playing

it for other people we started to realize what tunes were

If you go...

- **Zeus plays at the Park Theatre on Sept. 20.** The Elwins and Astral Swans open. Tickets are \$20.25 at Ticketmaster. Showtime is 9 p.m.

hitting."

Zeus also includes drummer Rob Drake and newly acquired guitarist/keyboards player Jason Haberman. Previous to the addition of Haberman this year, Zeus operated as a four-piece band.

"A lot of these songs necessitate a fifth man, and I think we were at the point where we really wanted to bring our songs to the stage in their full

flavour," Nicholson says.

"We're at a stage now where we really want to play the songs as they are on the record."

"Not that they'll sound identical to the record, but we just want all the parts to be there. It's been really cool. It's reawakened a lot of older gems that were always missing parts. It rekindles your love for an older song."



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Young hearts beat for Maze Runner stars

Maze mania. Dylan O'Brien, Kaya Scodelario and Will Poulter nearly caused a teenage riot at a premier screening of their new film



RICHARD CROUSE
scene@metronews.ca

Imagine the roar of a jet engine. Then picture yourself being blown backwards by the ferocity of the sound.

That's the experience I had recently when hosting the Canadian premier of *The Maze Runner*, a new film based on a popular YA novel about a group of boys (and one girl) who must brave the dangers of a giant labyrinth to gain not only freedom but also their true identities.

There wasn't a plane in sight, just a theatre packed with young adults. When I made the surprise announcement that some of the film's

stars would be joining us for a Q&A, you would have thought a giant electrical surge had bolted through every seat in the house. As I brought *Skins* star Kaya Scodelario, Meet the Millers' Will Poulter and Dylan O'Brien, resident heartthrob of *Teen Wolf* to the stage, the place erupted.

Ears ringing, I asked a few questions, trying to be heard above screams of "I love you!" Not directed at me, but mostly at O'Brien.

As the handsome actor answered a question on bringing the character traits of Thomas alive from the page to the stage, a young woman whooped, "Thomas is hot!" O'Brien played along, saying, "That's what I really wanted to lift from the page, his hotness. I was really focused on that."

"You nailed it!" came a voice from the audience.

The enthusiasm wasn't reserved just for him. Scodelario, a British actress who plays the film's fierce female lead, could barely be heard above the din as she talked about her character's empowerment. "I felt very strong playing her," she said.



Dylan O'Brien, left, and Kaya Scodelario star in the sci-fi thriller *The Maze Runner*. CONTRIBUTED

"A lot of times in movies, Hollywood and the rest of the world try to soften female characters. We have to see them vulnerable and we have to see them crying, and while that is a part of who we are as women,

we can also be tough..."

The rest of her message is lost to the ages, drowned out by, "You go, girl!" hollers and the general melee of excited millennials.

Poulter, a 21-year-old Brit-

ish actor with a resumé that includes the charming Son of Rambow and *The Chronicles of Narnia* blockbusters, provided comedic relief. When I asked if he modeled his American accent on anyone in par-

Quoted

"A lot of times in movies, Hollywood and the rest of the world try to soften female characters. We have to see them vulnerable and we have to see them crying, and while that is a part of who we are as women, we can also be tough..."

Kaya Scodelario, actress on playing a strong female lead

ticular, he said, "I had to give up modeling, but that's very sweet. Thanks for asking."

The trio answered questions, most of which started with, "I just want to say I love you guys," and ended with the inevitable, "Is there any possibility of getting an autograph or a picture?" for 25 minutes before being whisked away to another city, another press day and another theatre likely full of screaming teens.



British model and actress Cara Delevingne. LOIC VENANCE/AFP

Paper Towns. Model Cara Delevingne lands lead

British model Cara Delevingne will play female lead Margo in the 2015 adaptation of the John Green novel *Paper Towns*.

Despite her status as a relative unknown in acting terms, Delevingne "blew everyone away" at the audition, and demonstrated a perfect understanding of lead character Margo, said *The Fault in Our Stars* author Green, via Twitter.

The Chanel, Dolce & Gabbana, DKNY and Stella McCartney model started her segue into film with a minor part in Joe Wright's 2012 interpretation of Anna Karenina, a main role in Michael Winterbottom's recent literary adaptation *The Face*

of an Angel, and again with Wright on 2015 fairy tale *Pan*.

For *Paper Towns*, directed by Jake Schreier of the award-winning crime comedy *Robot & Frank*, Delevingne will become a mysterious, mischievous classmate of Quentin (Nat Wolff, *The Fault in Our Stars*), who incites him to indulge his most vengeful urges before she makes a sudden disappearance.

A July 2015 debut has been fixed by Fox and Temple Hill, and Delevingne joins a long line of models-turned-actresses; company that includes Halle Berry, Cameron Diaz, Vanessa Williams, Uma Thurman and Charlize Theron. AFP

Nonfiction

Shortlist for Hilary Weston Writers' Trust Prize announced

Social activist Naomi Klein and novelist Kathleen Winter are among the finalists for this year's Hilary Weston Writers' Trust Prize for Nonfiction.

The two were among five shortlisted authors for the \$60,000 prize announced by the Writers' Trust of Canada on Wednesday.

Klein, a Montreal native who has gained international acclaim for her books *No Logo* and *The Shock Doctrine*, is a finalist for *This Changes Everything: Capitalism vs. the Climate* (Knopf Canada).

And Newfoundland-raised Winter, a former Scotiabank Giller Prize finalist, is nominated for *Boundless: Tracing Land and Dream in a New Northwest Passage* (House of Anansi Press).

The short list is rounded out by Charles Montgomery and journalists Susan Delacourt and Paula Todd.

THE CANADIAN PRESS

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Britney Spears. ALL PHOTOS GETTY IMAGES

Lucado-less Britney reaches out to former beau

Britney Spears has reportedly been retreading old romantic territory in the wake of her split from boyfriend David Lucado, at least according to one former flame.

"Britney was making the rounds with ex-boyfriends," ex-boyfriend John Sundahl tells the National Enquirer. "Ten minutes after I saw that she broke up, she called me and said, 'Hey, I just want you to know that we split up

because (Lucado) was with some porn star.' And I was like, 'OK, sorry to hear that.'"

That's not all Spears wanted to talk about. "She said, 'Are you going to be in town soon?'" he recalls. "Well, look me up and we'll hook up." Britney falls in love very easily.

Spears, who also reportedly reached out to ex Adnan Ghalib, dated Sundahl briefly after her 2007 breakdown.

Nick Jonas bares his finger but still values his values

Nick Jonas is not so pure anymore — or at least he doesn't need a piece of jewelry to remind him to be.

After years of rumours that he and brother Joe Jonas had dropped the pledges that go along with their purity rings, the youngest Jonas Brother admits he's stopped wearing it all together.

"This is real growth in me and not something I'm doing anymore," he tells the Huffington Post. "But I've got my set of values, things that are important to me now at this



Nick Jonas

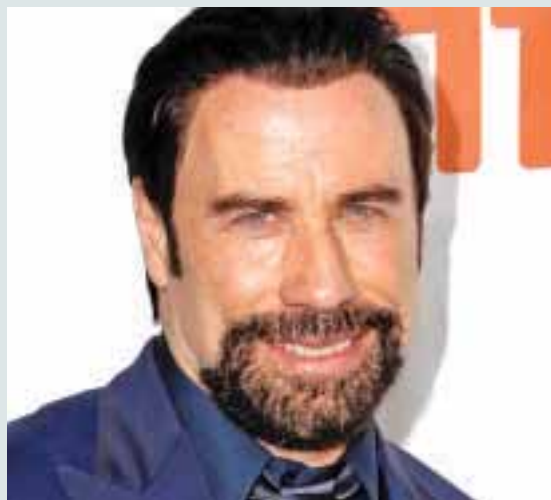
point in my life, and that's all that matters."

That and not advertising to every girl you see that you're a virgin, I guess.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Embattled Travolta has no regrets about Battlefield flick

NED
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Metro in Hollywood

doesn't seem too bothered about the pending lawsuit from his former pilot, Doug Gotterba, who claims he also had a six-year romantic relationship with the Look Who's Talking star.

"This is every celebrity's Achilles heel. It's just about people wanting money," Travolta tells the Daily Beast.

Yikes. I didn't realize

Gotterba got around that much. Every celebrity?

Seriously, though, there's a much, much more troubling revelation in this interview, and it has to do with the universally panned Battlefield Earth, about which Travolta has zero regrets.

"Are you kidding? Why would I ever regret that?" Travolta asks. Although I'd be happy to explain, I get the feeling he doesn't really want an answer.

"I had the power to do whatever I wanted, and I chose to do a book that I thought was worthy of making into a movie," he says. "It's a beautiful film. It's a good movie."

I just ... wow.



Lena Dunham

Girls' girl will see Star Wars if Girls' guy will watch Girls

Now that Lena Dunham's Girls co-star Adam Driver is set to be in the new Star Wars film, she's using the fact she's never seen the famous franchise as leverage to get him to finally watch their HBO series — something Driver has avoided.

"I've never actually seen Star Wars. I understand that this is a huge cultural phenomenon, but I get none of the references," Dunham

tells E! News. "Now I'm going to have to watch — to understand. Adam's never watched Girls, so we made a deal I would watch Star Wars if he watched Girls. We can commune about it like a book club."

Except Driver himself isn't so hot on the exchange.

"I don't think so," he says of watching the show. "I'm trying to delay that as much as possible."

Twitter



@algore

Cities are leading the way for climate action. They give me #ClimateHope.



@ladygaga

Spent a lot of time crying today, happy tears, but many. I can't believe my life. Being able to buy nice things, travel, it's overwhelming.



@DanaDelany

I'm trying this thing where I take a walk instead of a nap. So now I'm sleepwalking.



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Seaside piers, playful days and current politics influenced this year's delivery of Spring/Summer styles at London Fashion Week.

MARISSA FENTIMAN
Metro World News



Burberry Prorsum

Youthfulness was at the core of the collection entitled The Birds and the Bees, with sheer fabric swathed around the models' bodies in a bandage-like fashion overlain with denim jackets, finished in shearling and ostrich feather trims. But it was the fresh spring spin on the house's heritage stalwart — the trench coat in hand-screened flora and fauna — which truly blossomed.

5

runways that rocked LFW

Paul Smith

The designer's Spring '15 outing was easy like a Paul Smith Sunday afternoon. The clothes were made for lounging: relaxed tailoring, blouses and floaty linen tops in taupe, blush, and cornflower blue. Here, the manish tailoring that's quintessentially Paul Smith translated into deconstructed jackets and oversized culottes. There was femininity, too, with sheer panels on skirts and fringing on tank tops.



Vivienne Westwood Red Label

Vivienne Westwood turned the runway into a political rally for the "Yes" campaign in the upcoming Scottish referendum on the nation's independence from the U.K. The clothes were as outspoken as her politics: oversized '70s-style shirt collars and shoulders, textured leggings and hats that wouldn't look out of place in the French Revolution — apt coming from the anarchic Grand Dame.



Topshop Unique

"The faded glamour of the British seaside" was the romanticized theme for the Topshop Unique show. You'd do well to discover those past glories through the sea-salt rotted piers and cheap arcade gaming shops, but the high street fashion house managed to find something more cheery amongst the wreckage. Indeed the clothes were bold in cut and (primary) colours: slipdresses, babydolls, and ruffled short shorts came with striped wedges.



Christopher Kane

The Scottish designer tied his collection together with rope ... quite literally. Cord was worked into dresses, hems and even drawstrings on a pair of bordeaux-coloured leather track pants. The colour palette was subdued, almost wintry, perhaps in part in respectful memory of his mentor, the Central Saint Martins professor Louise Wilson, who died recently. But there was still excitement, albeit more pared down than in seasons past with "controlled explosions" of tulle from collars and hems.



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Oh Doughnuts is double double different

Artisan doughnuts disappear. Small service at Parlour Coffee hopes to open storefront



SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

Independent doughnut shops are few and far between in Winnipeg. In fact, I can't name one solely dedicated to this deep-fried delight. Amanda Kinden is hoping to change all that. Her artisan doughnuts (@ohdoughnuts on Twitter) have been delighting patrons of Main Street's Parlour Coffee since the beginning of this month, selling out almost every day and for good reason. These are delicious, homestyle, melt-in-your-mouth treats like Winnipeg has never tasted.

"The plan is to find a storefront; not a huge space but someplace where I can supply more than three dozen a day," said Kinden. For now, her day starts at 2 a.m. followed by a 7 a.m. delivery to Parlour Coffee, the only place in town that carries her doughnuts.

After extensive testing (those lucky friends and family members), Kinden settled on a basic recipe and continues to experiment with fillings and toppings. Among the hits so far has been a lavender glazed version as well as doughnuts filled with lemon or grapefruit curd. These three short weeks have also seen a white chocolate cardamom glaze with pistachios, a ginger-lime curd and a cherry amaretto offering quickly disappear from the display stands at Parlour.

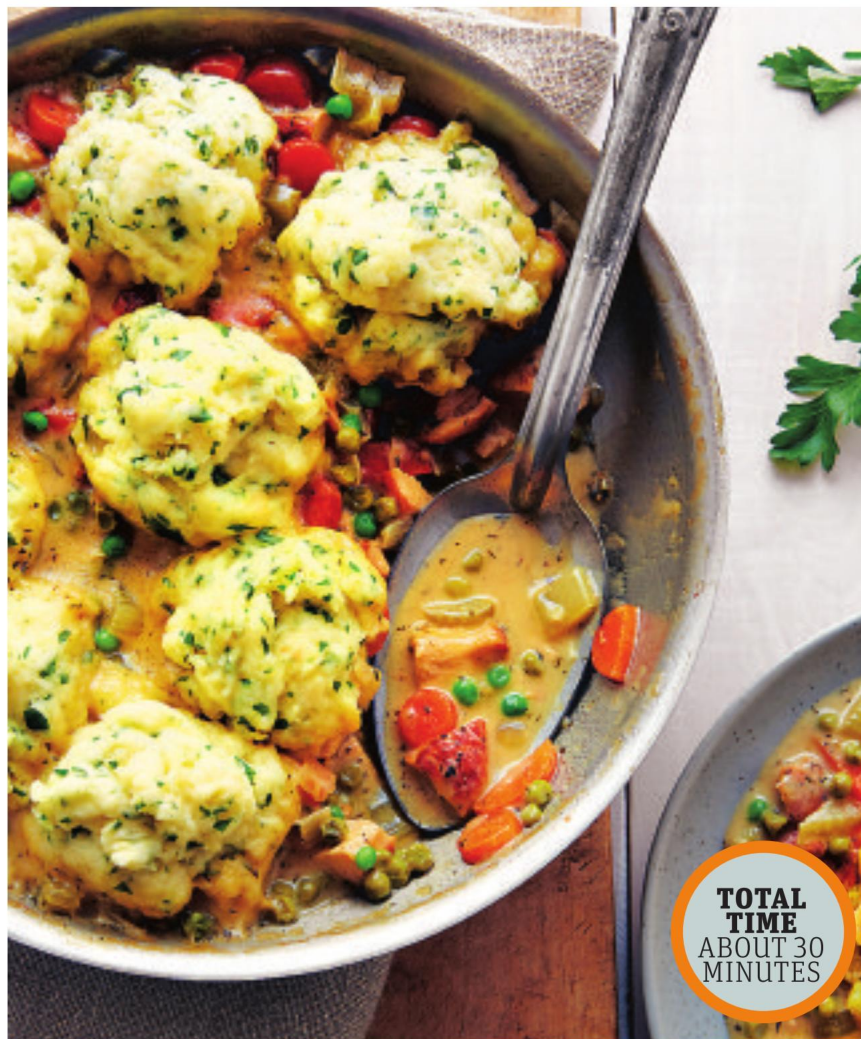
"I really want to keep things simple and elegant," Kinden said. She's already thinking about gluten-free and vegan options as well as new flavour combinations—a chai tea glaze or perhaps a coconut cream meringue. If you'd like a taste, it's a good idea to get to the coffee shop as early as possible.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Got a food story idea? shel@shelzolkewich.com



Lavender glazed and ginger-lime curd treats from Oh Doughnuts sell out quickly daily at Parlour Coffee. SHEL ZOLKEWICH/FOR METRO

Modern twist on traditional comfort food



This recipe serves four. RYAN SZULC

Stovetop Chicken with Herb Dumplings. Typically cooked with a whole chicken, this meal uses speedy-to-make chicken breast

1. Start making the stew. Heat your favourite heavy skillet over medium-high heat. Pour in the vegetable oil, then add the butter (the oil prevents the butter from burning). Add and sear the chicken breasts, building a golden-brown crispy crust on

each side, about 15 minutes total. Remove the delicious chicken to a plate.

2. To the skillet, add the onions, celery, carrot and garlic along with a splash or two of water to loosen and dissolve all the flavourful browned bits. Stir and cook until sizzling, 5 minutes or so. Reduce the heat to medium. Sprinkle the flour and stir until it's evenly absorbed by the butter. Pour in the wine and stir the works again. Pour in the cream and water and continue cooking, stirring often, until the sauce is beautifully thickened and smooth.

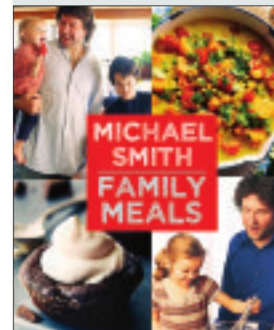
3. Meanwhile, chop the chicken into bite-size pieces. Return them to the pan along with the peas. Season with thyme, salt and pepper. Turn off the heat.

4. To make the dumplings, in a medium bowl, whisk together the flour, baking powder, sugar and salt. Stir in the parsley. Add the milk and melted butter, and stir together until the dough is just blended. Return the chicken stew to a slow simmer. Spoon 10 or 12 dumplings over the stew. Cook, uncovered, for 10 minutes, then cover tightly and cook until the dumplings are

TOTAL TIME
ABOUT 30 MINUTES

Cookbook of the Week

Simplify real homemade food



An advocate for simple, healthy cooking, Michael Smith uses his latest book, *Family Meals*, to inspire readers to create great-tasting meals for their own families. In the release, Smith shares the recipes he loves to cook for his own family along with tips on how to make cooking together fun.

Among the 100 recipes are: Maritime Mussel Chowder, Sweet Potato Chickpea Stew, Nacho Burgers, Bacon Salad with Crispy Onions, Caramel Chip Blondies and more.

METRO

Ingredients

For the Creamy Chicken Stew

- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) or so butter
- 2 boneless, skinless chicken breasts
- 1 large onion, chopped
- 2 celery ribs, diced
- 1 large carrot, diced
- 4 garlic cloves, thinly sliced
- 2 tbsp (30 ml) all-purpose flour
- 1 cup (250 ml) white wine
- 1 cup (250 ml) whipping cream
- 1 cup (250 ml) water
- 1 cup (250 ml) frozen green peas or corn
- 1 tbsp (15 ml) fresh thyme
- 1 tsp (5 ml) salt
- Lots of freshly ground pepper

For the tender dumplings

- 1 cup (250 ml) all-purpose flour
- 2 tsp (10 ml) baking powder
- 1/2 tsp (2 ml) white sugar
- 1/2 tsp (2 ml) salt
- A handful of chopped fresh parsley (or 2 green onions, thinly sliced)
- 1/2 cup (125 ml) milk
- 1/4 cup (60 ml) butter, melted

fluffy and tender, about 10 more minutes. Spoon, serve and share! **RECIPES FROM FAMILY MEALS: 100 EASY EVERYDAY RECIPES BY MICHAEL SMITH. COPYRIGHT MICHAEL SMITH, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.**

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Vikings call audible on playing Peterson

'We made a mistake.' Two days after reinstating star running back, team puts him on leave while he deals with child abuse charge

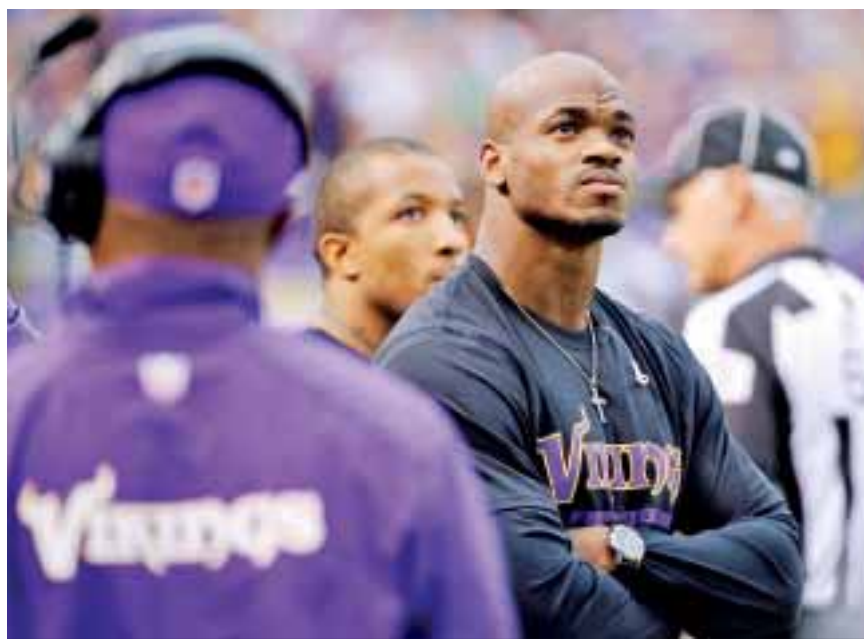
Minnesota Vikings star running back Adrian Peterson was declared out, back in, then out again as he faces a felony child abuse charge in Texas.

This time, he could be gone for the season.

"We made a mistake," Vikings owner Zygi Wilf said, "and we needed to get this right."

Vikings executives emerged Wednesday from a late-night deliberation to voice regret of their initial decision to let Peterson play this week after sitting him for a game once he was charged with injuring his four-year-old son by spanking him with a wooden switch. Now Peterson is back on paid leave through a special roster exemption granted by the NFL, the same protocol cited by the Carolina Panthers as they sat defensive end Greg Hardy a few hours later while he deals with his own domestic violence case.

"We will support Adrian during this legal and personal process, but we firmly believe this is the right decision," said



Adrian Peterson is back on a paid leave after the Vikings reversed their decision to reinstate the star. THE ASSOCIATED PRESS FILE

Quoted

"I don't care what anybody says. Most of us disciplined our kids a little more than we meant sometimes." Bonita Jackson, Adrian Peterson's mother

Wilf, the team's co-owner with younger brother Mark Wilf.

During a 17-minute news conference at Vikings headquarters, the word "right" was used a total of 34 times by the Wilfs, vice-president Kevin

Warren and general manager Rick Spielman. They expressed concern about child welfare, recognized their role as public figures and reminded the audience of the community service work done regularly by players.

The most emphatic responses, though, came to questions from reporters about external pressure.

Did the NFL strong-arm the decision? Did the loss of sponsorships drive it?

"Absolutely not," Mark Wilf, the team president, said on both subjects.

He added: "We appreciate our fans, men and women alike, our sponsors and the community. We hear their input." THE ASSOCIATED PRESS

MLB

Pirates beat Red Sox, cling to NL wild-card spot

Gregory Polanco, Neil Walker and Ike Davis all homered and the Pittsburgh Pirates beat the Boston Red Sox 9-1 on Wednesday night to maintain their grip on the second National League wild-card spot.

Polanco and Walker hit solo shots off Boston starter Clay Buchholz (8-9) and Davis drilled a three-run blast to centre off reliever Steven Wright. The Pirates have won 10 of 12 and improved to a season-high 11 games over .500 (81-70).

Francisco Liriano (6-10) won his third straight start, allowing one run in six innings.

THE ASSOCIATED PRESS

CFL

Going public an option for Argos

Could the Toronto Argonauts become community-operated?

Argos owner David Braley has said one party approached him a couple of weeks ago with an offer to take over the team and turn the Argos into a not-for-profit organization.

The Saskatchewan Roughriders and Edmonton Eskimos are the only two community-owned teams in the CFL who sell shares to the public. The Winnipeg Blue Bombers are a not-for-profit, community organization, but they do not sell shares to the public.

TORSTAR NEWS SERVICE

Broncos get Welker back as suspension cut in half

Although excited to see his suspension cut in half, Wes Welker acknowledged Wednesday that missing a couple of games was probably for the best.

Coming off his third concussion in a 10-month span, the veteran receiver had no choice but to watch on TV as Denver got off to a 2-0 start heading into Sunday's showdown at Seattle.

"You always hate to miss any time at all," Welker said. "But especially with head injuries, every week and every day is a good thing for

Pinballing

3

Wes Welker has had three concussions in the last 10 months alone. Fans, columnists and others have suggested he should quit playing football for his own good.

it. Not the way that I would have wanted it to happen. But it is what it is."

Welker was reinstated after the NFL agreed to a new performance-enhancing drug policy. The widely

respected 11-year NFL veteran had been suspended for four games but can return Sunday under the new rules in which players who test positive for banned stimulants in the off-season will no longer be suspended right away. Instead, they will be referred to the substance-abuse program, where it takes multiple positive tests before a ban.

Wednesday marked Welker's first practice since Labour Day and just his second in 25 days.

THE ASSOCIATED PRESS



Messi sets up winning goal

FC Barcelona's Lionel Messi is brought down by Carlo of APOEL FC during their UEFA Champions League Group F match on Wednesday in Barcelona. Gerard Pique headed in Messi's free kick for the only goal in Barcelona's 1-0 win. Scan the image with the Metro News app for additional Champions League results. DAVID RAMOS/GETTY IMAGES



4 SPORTS

Camp is now in session

There's plenty of drama well before the 2014-15 season gets underway Oct. 8. So with NHL training camps set to open Thursday, here are the top storylines to watch in the coming weeks:

THE CANADIAN PRESS



Turning Leafs

Randy Carlyle is still the coach of the Leafs, Dion Phaneuf is still the captain and the core is very much intact from the group that lost 12 of its final 14 games to miss the playoffs. But ever since Brendan Shanahan was named president in April, the organization has talked up a culture change.

Not much has changed on the roster, so Carlyle's camp and the Leafs' playing style in the pre-season should answer plenty of questions about what's really different.



Logan Couture
GETTY IMAGES

Parting of the 'C'

Joe Thornton was the captain of the San Jose Sharks when they blew a 3-0 series lead to the Kings in the first round. Coach Todd McLellan said last month that his team goes into camp with the captaincy and both alternate spots up for grabs.

With Thornton displaced, roles in the locker room and on the ice are unclear.

As the Sharks trumpet a youth movement, 25-year-old Logan Couture could be the face of it as the new captain.



Quick recovery?

A summer passing around the Stanley Cup for the Kings turns into an autumn of wondering when Jonathan Quick will be himself after off-season wrist surgery. The team announced in late June that their No. 1 goalie would be off the ice for 10 to 12 weeks.

GM Dean Lombardi told the Los Angeles Times that Quick only recently started facing shots again and wouldn't be rushed back on the ice during the pre-season. The start of the regular season remains the target.

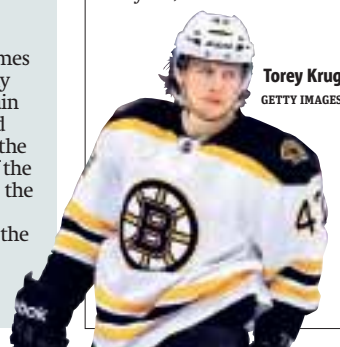
If Quick isn't ready, the Kings have sophomore Martin Jones but little depth beyond him.

Bruins in a bind

The Bruins need new contracts for last year's all-rookie defenceman Torey Krug and winger Reilly Smith.

It's tough to be right against the cap ceiling, even with Marc Savard's salary set to come off the books.

Smith will be counted on to help fill the scoring void left by Jarome Iginla, and either a bottom-six forward will need to step up or the Bruins could give Simon Gagne, in camp on at tryout, a shot.



Torey Krug
GETTY IMAGES



On the Trotz watch

Barry Trotz is one of six new head coaches and is tasked with trying to get Alex Ovechkin and the Washington Capitals back to the playoffs. Will Trotz get the Capitals to play more defensively or will the former Nashville coach adapt with more tools at his disposal?

Before arriving in Washington last week, Ovechkin said he had only met Trotz once but heard from others that he's a great coach and an "honest man." Trotz, who is replacing the fired Adam Oates, is the Caps' fourth bench boss since the start of the 2011-12 season.

Can rookies raise the bar?

Sam Bennett might always be remembered for not being able to do a pull-up at the NHL draft scouting combine, but he could quickly become a building block in Calgary, if he makes the Flames out of camp.

Among 2014 draft picks, only Florida top selection Aaron Ekblad can feel safe about having a spot in the NHL this season. No. 2 Sam Reinhart of the Buffalo Sabres and No. 4 Leon Draisaitl of the Edmonton Oilers also have good chances.

Sam Bennett
GETTY IMAGES

Burris gives Ottawa D vote of confidence

CFL. Veteran QB presents unified front despite Redblacks' struggles in expansion year

The Ottawa Redblacks have just one win through their first 10 games, but in quarterback Henry Burris's view the defence has been a bright spot this season for the CFL expansion squad.

"They've been standing on their head and have done a great job for us," the veteran quarterback said Wednesday. "It gives us comfort knowing that all we have to do is handle our side."

The numbers don't necessarily support Burris. Ottawa's defence is ranked last overall in rushing yards allowed (129.1 per game), passing yards (279), total yards (393.8), rushing

Still seeking balance



"We know the defence will keep us in the games, but we want to return the favour and score a lot of points." Redblacks QB Henry Burris

touchdowns (12), sacks (20) and seventh in points (25.8).

However, Ottawa's offence is ranked last in the CFL in scoring (14.1 points per game), first downs (158) and rushing (66.7 yards), eighth in total yards (284.9 per game) and seventh in passing (238.2 yards per game).

That's often put the onus on the defence to keep games close. That certainly was the case in Ottawa's lone victory,

an 18-17 home-opening win over Toronto on July 18 that saw kicker Brett Maher account for the Redblacks' points with six field goals.

"The defence has had a good energy and confidence level about them where they just want to go out and play whoever," said head coach Rick Campbell. "We've also been trying to have some continuity on that side so we could grow as well."

Campbell said one of his defence's best attributes is its ability to compete no matter what.

"We've played some low-scoring games which aren't typical of the CFL and they just keep plugging away and doing their thing," he said. "There's a whole bunch of things we still need to get better at, but as long as they have that enthusiasm and they compete like that then they'll always have a chance." THE CANADIAN PRESS



Jeter gets back on base

Yankees shortstop Derek Jeter crosses home plate to score past Rays catcher Ryan Hanigan on Wednesday night in St. Petersburg, Fla. Jeter ended an 0-for-28 slump — the second-worst of his career — with a sixth-inning single to help the New York Yankees beat the Tampa Bay Rays 3-2 Wednesday night. BRIAN BLANCO/GETTY IMAGES

Women's hockey

Bonhomme retires from Team Canada

Veteran Canadian women's hockey defenceman Tessa Bonhomme is retiring from international competition.

Bonhomme made her international debut at the 2004 Four Nations Cup and finished her career with 51 points (10 goals, 41 assists) in 107 games. She is the fifth-highest-scoring defenceman in the history of Canada's senior women's team.

The 29-year-old native of Sudbury, Ont., won gold with Canada at the 2010 Olympics in Vancouver and at the IIHF world women's championship in 2007 and 2012. She assisted on Caroline Ouellette's overtime winner in the 2012 gold-medal game.

THE CANADIAN PRESS



Tessa Bonhomme
THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't compromise your principles today. You may think others will admire your pragmatic approach, and maybe they will, but rivals will see it as a sign of weakness.

♉ Taurus

April 21 - May 21

Avoid anything too adventurous today. Stick with what feels right to you, even if others say it is boring. You know what you like and there is no reason why you should change it.

♊ Gemini

May 22 - June 21

If you get the chance to improve your cashflow situation, take it. Your ability to make quick and correct decisions means you will be much in demand today.

♋ Cancer

June 22 - July 23

Be careful that what you say to a loved one doesn't hurt them. You have every right to express your opinion, but you also have a responsibility to think what the consequences might be.

♌ Leo

July 24 - Aug. 23

You are desperate to spread your wings. You will get the chance not long after the Sun changes signs on the 23rd. For now, finish what you started.

♍ Virgo

Aug. 24 - Sept. 23

You may not be able to take your own plans further right now but you can certainly help a friend with something that means a lot to them.

♎ Libra

Sept. 24 - Oct. 23

Whether or not you have the experience to take on a new role at work is irrelevant. What matters is that you have the intelligence and the ambition.

♏ Scorpio

Oct. 24 - Nov. 22

What you get over the next 24 hours may not be what you want but it is exactly what you need. If a friend makes a suggestion, you would be wise to take it seriously.

♐ Sagittarius

Nov. 23 - Dec. 21

A little knowledge can be dangerous, so whatever it is you discover today don't act on it yet. In the fullness of time you'll find it is only half of the picture.

♑ Capricorn

Dec. 22 - Jan. 20

Don't waste time on petty arguments when there are so many important matters that require your attention. There's enough room for every opinion.

♒ Aquarius

Jan. 21 - Feb. 19

However much you might fear the unknown, confront it over the next few days. Otherwise, you may not be in the frame of mind to take advantage of the opportunities coming your way.

♓ Pisces

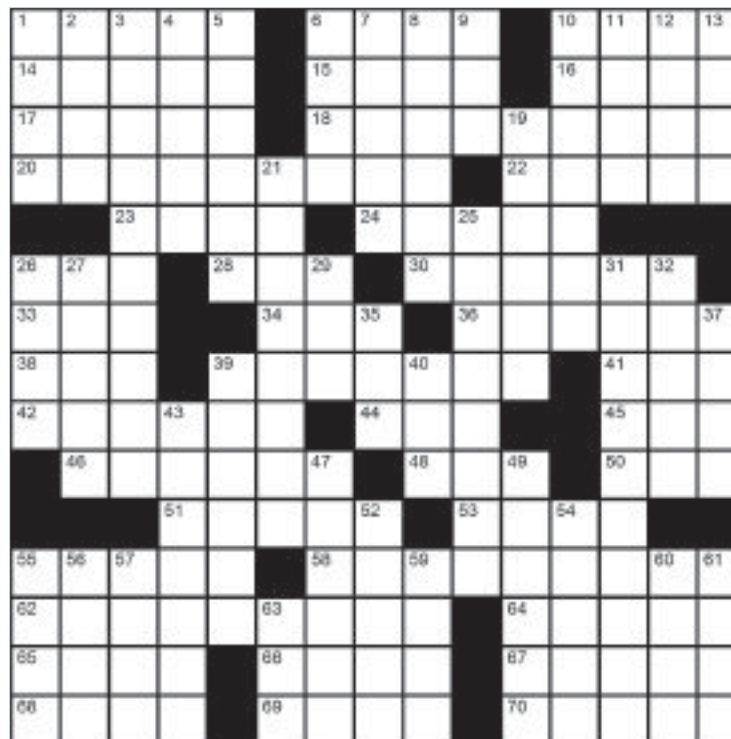
Feb. 20 - March 20

You know what you want and you know how to get it. So what are you waiting for? The time is right to make your bid for fame and fortune, so don't hold back a moment longer.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Alexandre ___, The Count of Monte Cristo author
6. Force on upcoming FOX series "Gotham" [acronym]
10. Loudness unit
14. Denigrate
15. "This is ___ big mistake!"
16. Cedar Rapids state
17. ___ a beet
18. Nova Scotia's celebrated folk artist (b.1903 - d.1970): 2 wds.
20. Artsy event: 2 wds.
22. Heraldic wreaths
23. Actor Will
24. Huge
26. Mineral __
28. Scottish writer Josephine
30. 'Apple pie a' needs it: 2 wds.
33. She's opposite
34. Sine ___ non (Essential thing)
36. Referencing
38. US dog org.
39. Arctic footwear
41. Dietary letters
42. Type of beard
44. Gremlin
45. High society, Bon __
46. Task-ful trip
48. Charles Dickens protagonist
50. Winnipeg airport code
51. Go in



53. Sud's opposite
55. Brit now living, e.g., in Canada
58. 1995 novel by Canadian author Wayson Choy, The __
62. "Yukon Men" channel
64. Showbiz agent,

- Swiftly __ (b.1907 - d.1993)
65. Tuner
66. Frozen beverage name
67. "Let's Make ___": 2 wds.
68. Van Gogh's Bank of the __ at Auvers
69. Middles, mini-ly

70. Director Mr. Harlin

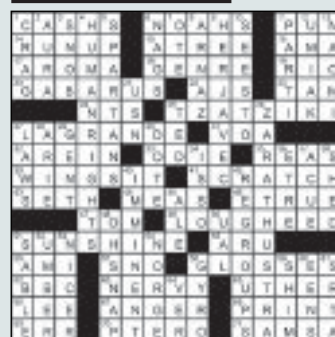
Down

1. Jeanne __
2. Slangy 'super'
3. Island-of-animals 2005 animation
4. "It's ___ bet that..."
5. Group of six

6. Explorer, Vasco da __
7. Insurance company filing
8. Canadians (note the 's'), as opposed to Canadian
9. Father
10. Stock pantomime character

11. Wolf's wall
12. Boo-boo
13. Northern BC's __ River
19. __ Express (Canada-based courier)
21. Patronize
25. The __ (Canuck artist Tom Thomson tree painting)
26. Certain carpet
27. 'Orange' tea
29. Chuckling sound!
31. Donald Sutherland war picture starring Lee Marvin, "The ___" (1967)
32. Fund
35. Will Smith movie
37. Turf ruler
39. Have the intention: 2 wds.
40. Li'l strike caller!
43. Overly-sweet sentimentality
47. Dishearten
49. Tree type
52. More unique
54. Writer Charles' bookish surname
55. Taro root
56. Gladiator's 13
57. Pro bono TV spots
59. Nice 'n Easy products
60. "Wavin' Flag" by K'__
61. Every 12 mos.
63. The Old __ (Theatre in London, England)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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